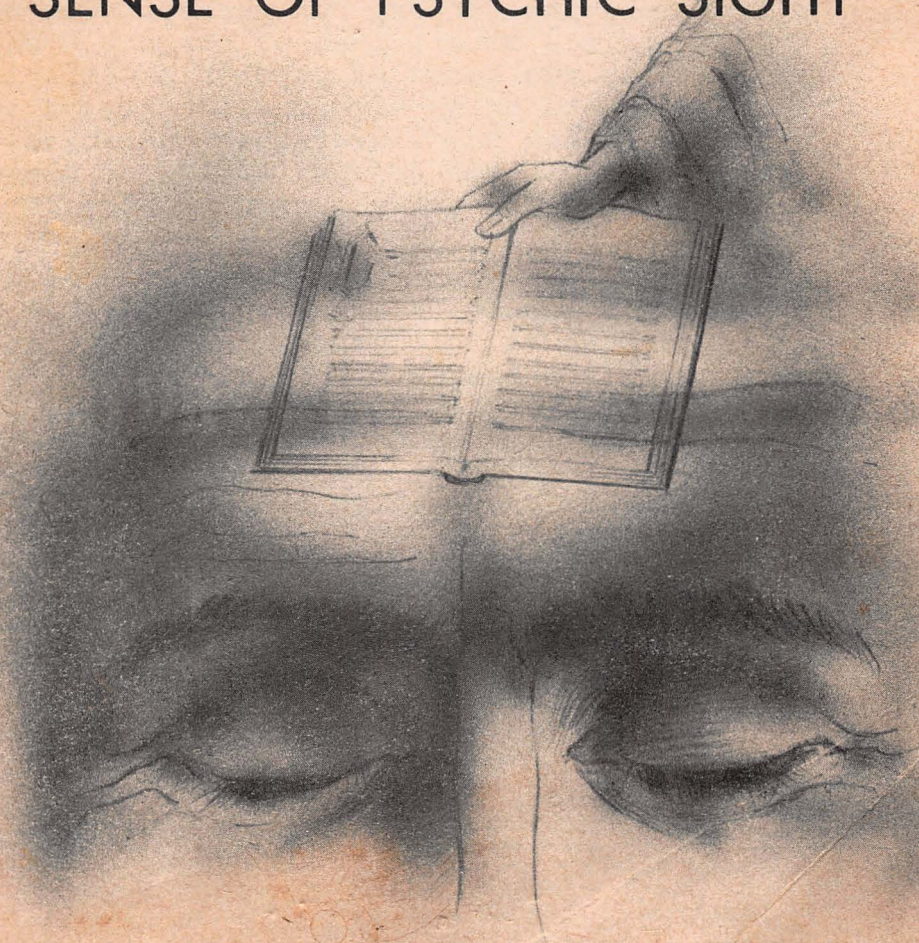


ADVENTURES IN

EXTRA SENSORY PERCEPTION

BY ROBERT G. CHANEY

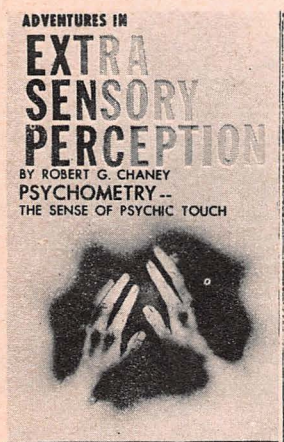
**CLAIRVOYANCE--
THE SENSE OF PSYCHIC SIGHT**



This is the second lesson in a series,
"Adventures in ESP." The first lesson in
the series is

PSYCHOMETRY-- *The Sense of Psychic Touch*

by Robert G. Chaney



Have you ever touched an inanimate object and felt a sudden emotional or mental reaction or attunement? If so, you've experienced a psychometric phenomenon. What causes this sensation? What quality does the object possess which transmits itself to you when you touch it or hold it in your hands? What is psychometry and of what value is it in your daily life and activities?

Psychometry is the faculty of tuning in to the qualities of an object and learning from it not only its history but perhaps even the "story" of its owner, past or present. *Psychometry* is the sense of psychic touch which enables one to bring his consciousness into attunement with the vibrational qualities inherent within the object itself, or those impinged upon it by the person to whom it belongs.

Astara's lesson *Psychometry -- The Sense Of Psychic Touch* encompasses the full spectrum of this extrasensory faculty...how to develop it, exercise and use it not only for your own expansion of awareness, but to enable you to become more sensitive to the inner self of your fellow man.

* * * *

Tuition For The Lesson
PSYCHOMETRY -- THE SENSE OF PSYCHIC TOUCH
Is \$1.00 Per Copy

Astara Foundation, 261 South Mariposa Ave., Los Angeles, Calif. 90004



CLAIRVOYANCE --

The Sense of Psychic Sight

By Robert G. Chaney

Clairvoyance is the inner faculty of "seeing" something which the physical eye cannot behold. It has influenced more lives than any other human activity!

When Moses was still a shepherd and saw the burning bush that was not consumed, he saw a psychic light. Today there are 12 million followers of Judaism.

When Buddha, meditating beneath the Bo tree, saw angels departing and arriving, he used the inner sense of sight. Today there are 500 million Buddhists.

When Jesus witnessed visions in the desert after forty days of fasting he was seeing clairvoyantly. Today there are 850 million Christians.

When Mohammed saw writing in the air that ultimately became the words of the Koran, he saw what others saw not. Today there are 300 million Muslims.

These four men have probably influenced more people than any other four men in history.

To their illustrious company we may add the nameless ancient Hindu seers of 4000 years ago who saw similar visions. And today there are 320 million Hindus.

Thus the number of living persons whose lives have been influenced by clairvoyance in but five of the major religions totals nearly two billion!

And when we begin to include persons in other fields such as inventors, researchers in all branches of science, practitioners of all the arts, who have gained important information in dreams and visions, we are nearly overwhelmed with the fact that no aspect of human industry or creativity has been untouched by this remarkable, universal, controversial wonder of the human mind.

If clairvoyance is such a universal faculty, and man has possessed it throughout the passing centuries, why has it remained comparatively undeveloped?

The first answer is to compare it with his physical senses. Has man developed his physical organs of seeing and hearing and his sense of touch, or are they the same as they were a few thousand years ago? They are the same. He may interpret what they tell him a little better than he once did. But the senses themselves have not changed. His physical perceptors have not developed any more than have his psychic perceptors. Only his interpretation of what they perceive has improved. His psychic senses also have remained the same through the centuries, but he has not developed his ability to interpret them, and through this "disinterest" they have remained in the background.

Secondly, we must remember that man is an "amphibious" creature. Just as the frog lives both in water and in the atmosphere on land, so does man live at one and the same time in the cosmic sea of physical and superphysical matter. However, the focus of his consciousness is upon physical stimuli rather than psychic stimuli. Consequently, the physical stimuli are generally heeded while the psychic or soul stimuli are generally ignored.

But times are changing.

We are entering a new age. It's called the Aquarian Age -- and it simply designates the present era when matters of mind and spirit begin emerging to assume their rightful predominance over material elements. The inner overshadows the outer. And in this age the inner facets of man's nature, which include clairvoyance, will receive more attention and thus become more prominent.

Many will not accept this idea. But fortunately there are also those who wish to "see clearly." This is the literal translation of the word clairvoyance: *clear seeing*.

Exactly what is the faculty which transformed the lives of the greatest holy men the world has ever known? Is it the same faculty which has spontaneously erupted in the lives of countless thousands through the centuries since their day? Is it scientific? Is it natural? Can it be controlled? Developed?

"Can I experience and develop it," is a reasonable question you may be asking yourself at this very moment. "Or is it reserved for the few specially favored of God?"

Our investigation into clairvoyance will reveal it to be a natural faculty which everyone possesses, which few recognize, which many have experienced, and which all can develop to some degree.

There are two principal types of inner sight:

1. Objective clairvoyance, seeing at an outer point in space.
2. Subjective clairvoyance, seeing at an inner point in space.

If you looked up from this page and saw me actually standing before you, you would be using normal objective sight.

If you closed your eyes and saw me through your inner mental faculty of memory it would be normal subjective sight.

A similar difference exists between objective and subjective clairvoyance. *Objective clairvoyance* is like watching a play in which you see the actual performance. *Subjective clairvoyance* is like watching a movie of the play (except that it is entirely in the mind) in which there is a representation of the real characters.

Roughly this illustrates the difference between the two types of clairvoyance.

Though a skilled clairvoyant is apt to "see" with both methods, the choice is usually outside his own control. The same principles apply to both, and both are equally valid.

Whether in the objective or subjective sense, clairvoyance may be further classified into several types. The principal categories are:

1. Clairvoyance in space
2. Clairvoyance in time
3. Trance or hypnotic clairvoyance
4. Auric sight
5. X-ray clairvoyance

CLAIRVOYANCE IN SPACE

If you could see something actually occurring at a distance beyond your normal range of vision you would be experiencing clairvoyance in space. It is sometimes called extended vision. This is the kind of clairvoyance Jesus employed when he "saw" Nathanael seated beneath a tree, though the latter was over the brow of a hill and not within range of physical sight.

Tradition in my family has it that a great grandmother of mine developed this faculty to a remarkable degree. When my mother was a young woman she made a tour of Europe. My great grandmother would often describe for the family, at home in northern Indiana, the experiences in which she clairvoyantly saw my mother engaged. Records were kept of these visions, and subsequent communications from my mother proved them to be correct.

Probably there was some unusually strong psychic tie between the two which helped make possible this experience of clairvoyance in space. Similar incidents by the thousands have been experienced by mothers and their sons and daughters in military service. Usually these experiences come to public attention only when they pertain to some catastrophe, but they occur many more times in less sensational incidents, such as the family incident I just described.

This fact illustrates a principle:
Clairvoyance is most apt to occur when the clairvoyant has a strong emotional tie to the person or object seen with inner sight. It often occurs when no such tie exists, but the magnetic attraction of the emotions is a vital factor.



CLAIRVOYANCE IN SPACE

Clairvoyance in Space is witnessing an occurrence which is transpiring at the same moment at a distance beyond normal vision.

CLAIRVOYANCE IN TIME

Seeing an historical event that has already happened, or a prophetic vision of an event that has not yet occurred, is clairvoyance in time.

Harold Higbe, professor of electrical engineering at the University of Michigan, once described this faculty to me in this way: "The mind can tune in on time as though the events of time were recorded on a movie reel. It can be reversed and a scene from the past witnessed again, or speeded up and a scene in the future observed before it happens."

Literally thousands of ESP experiments with students from primary grades through college have shown this kind of clairvoyance actually occurs. The results of these experiments are regularly published in reports of parapsychology research departments in several leading universities.

TRANCE OR HYPNOTIC CLAIRVOYANCE

In hypnotism the normal consciousness is blocked while a different aspect of consciousness becomes active. Trance is a kind of self-induced hypnotic state. The famed Edgar Cayce of Virginia Beach, Virginia, often diagnosed illnesses accurately while in this state.

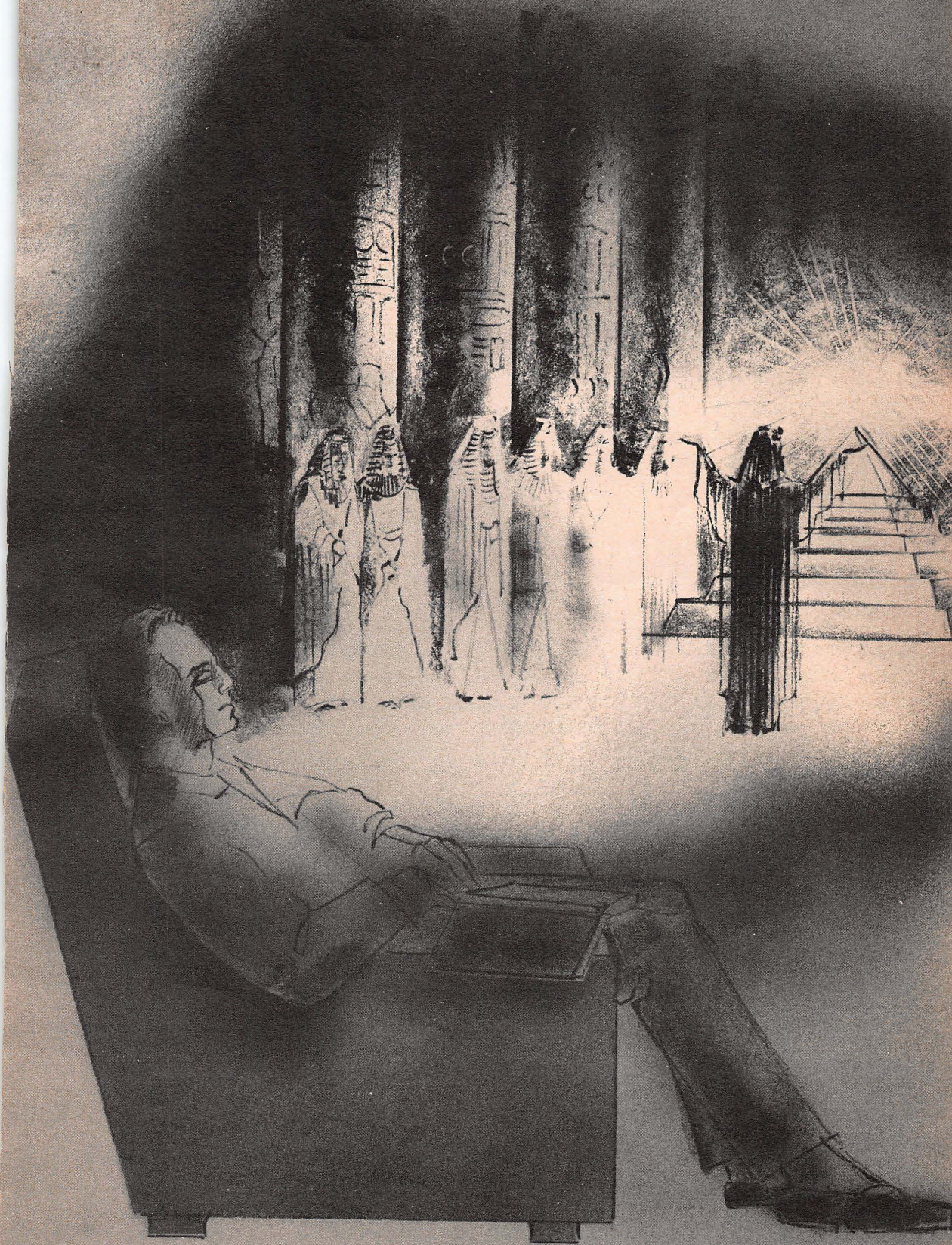
The trance method is used frequently by the true Hindu seer and some western psychics. While it does nullify the interruptions of normal consciousness to a considerable degree, it is more difficult to perform and is not as suitable to the personal needs of the average individual.

AURIC SIGHT

Some persons possess the ability to see the magnetic force fields which science tells us surround every object, animate or inanimate, and which reflect to some degree the character of the object.

The earth possesses a magnetic field, and so do you. A magnetic field surrounds the chair you are seated on, the plant in your living room, the dog you pet. This magnetic field is the "aura."

There is a higher aspect of vision which is able to perceive the light waves which auras radiate. It may be



CLAIRVOYANCE IN TIME

Clairvoyance in Time is witnessing scenes which actually happened perhaps centuries before -- or which will occur in the future.

just such a radiation which enables you to know (without realizing how you know) whether a person is angry or happy without his saying a word or giving any outward indication of his emotional state. The one who observes this may be "seeing" and intuitively "feeling" at the same time. But the intuition aspect must await a future lesson in this series to be explored in detail.

Auric sight is allied to normal physical vision. It might be described as vision which is midway in the octave between physical and psychic vision. When experiencing it, many persons see sheaths of constantly changing colors emanating from a person or an object. The experience is not unlike viewing the blending and changing colors created by a revolving spotlight in a theater or focused upon a Christmas tree or store window display.

X-RAY CLAIRVOYANCE

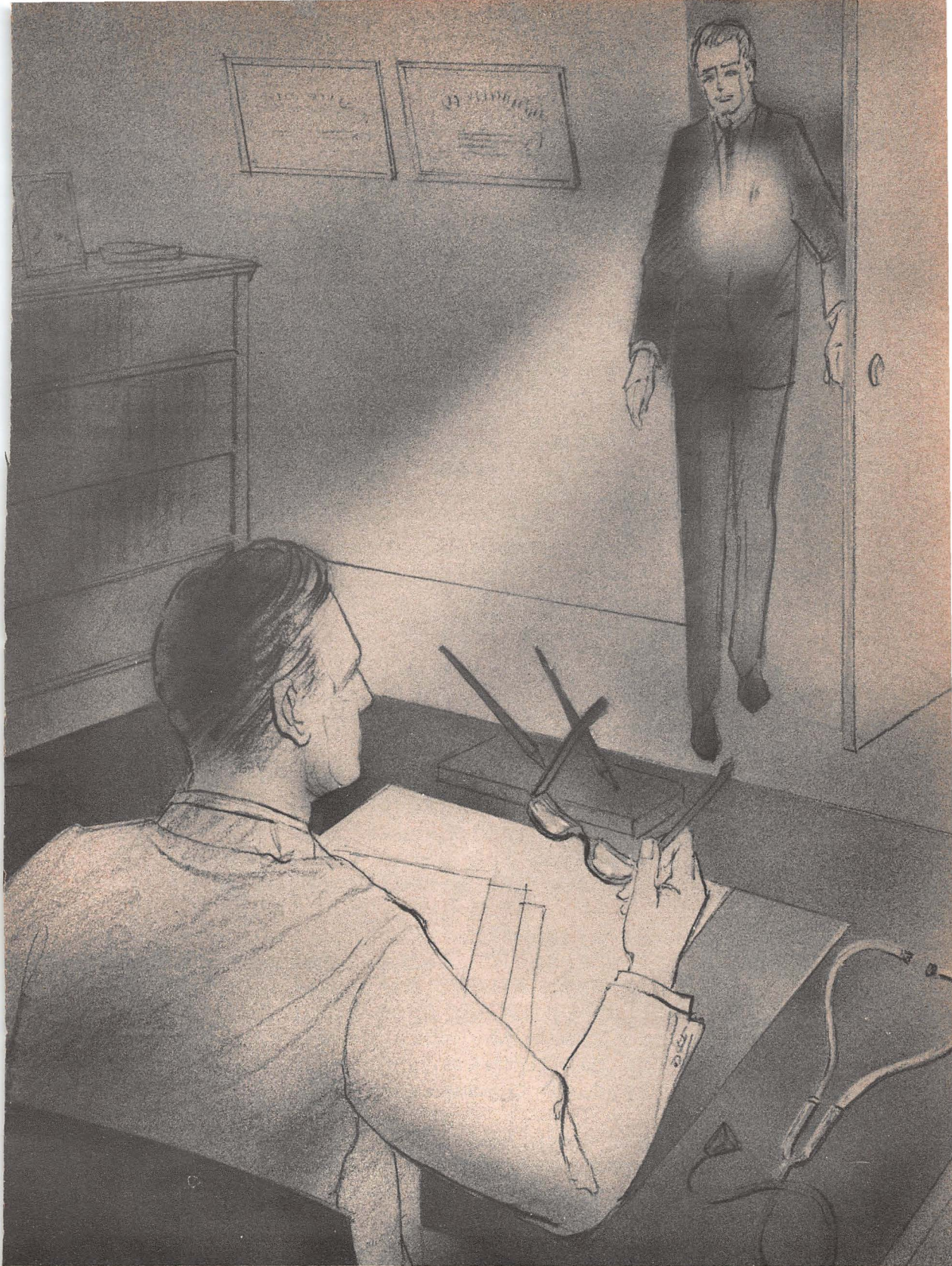
This faculty derives its name from x-ray film which sees through a solid object to record other solids inside the first. For instance, the one who possesses this type of clairvoyance might see a vital organ inside a physical body. Or he might see the contents of a closed bureau drawer. Or the printed page of a closed book.

A friend of mine named Casey who lived in Jackson, Michigan, once visited a well-known physician in northern Ohio. He told me that as soon as he entered the office the doctor glanced up from his desk, looked at him a moment and said, "You have a spot on your left lung. I can see it!"

A laboratory x-ray later proved the doctor's startling statement.

I have known several persons who practiced the art of spiritual healing who possessed this same faculty.

Is it preposterous? No more so than the fact that x-ray film is sensitive to the reflected light waves of some apparently solid objects and not others. After all, the human eye and sight-registering mechanism is little different from a camera lens and film.



X-RAY CLAIRVOYANCE

X-Ray Clairvoyance is the ability to see "through" material substance and behold what lies within or on the other side. It is particularly significant if possessed by a healer, for it enables him to discern causes concerning the illnesses of his patients.

WHERE CLAIRVOYANT VISIONS ORIGINATE

There are two originating sources of clairvoyant experiences. In any single instance, either of them or a combination of both may be functioning -- and it is often impossible to determine which.

1. One source is inwardly generated by your own superconscious Self. A higher aspect of your mentality reaches into the cosmic library of all thought and acquires information which it wishes to communicate to your normal consciousness. If it does so by means of a strong "feeling" we term it an *intuitive impulse*. If it generates its message by means of a pictorial vision we term it *clairvoyance*. Most ESP experiences make their mark upon your consciousness through a combination of inner "feeling" and inner "picturing."
2. A second source of clairvoyant experience is *attunement*, either voluntary or involuntary, with another living person. This could be a member of your family, a close friend, an acquaintance, or even a stranger. Or it could be originated, as I believe, by a person who is not living in the physical sense -- a *discarnate*, one whom the world describes as "dead." But are there really any dead?

The Apostle Paul, in First Corinthians, describes the "discerning of spirits." Perhaps these "spirits," or non-physical persons, are so desirous of communicating a message that by thinking upon it intently they are able to impinge their thoughts upon your consciousness in the form of pictorial scenes or symbolic representations, or images of themselves.

If man is truly amphibious, if he lives in both material and spiritual substance, would not his mind function in both? Is it not possible that we often "entertain angels unawares"?

WHAT DO SYMBOLS MEAN TO YOU?

Every clairvoyant vision which enters your mind transmits either a *direct* or *symbolic* meaning to your consciousness. Any development of clairvoyance, then, that you are able to accomplish, increases the ease and accuracy with which these impulses from a higher aspect

of your being are transmitted to your normal consciousness.

In clairvoyant experiences you are merely exercising inherent talents which may have long lain dormant simply because you did not know they existed, or have not undertaken their development.

Probably clairvoyant experiences originated by your own High Self occur more frequently than those originated by another person. And symbolic visions are more frequent than direct. But symbols must be interpreted, and here we encounter a difficulty.

What, for instance, would the symbol of a key mean to you? It might signify a new opportunity, that a new door is or has been opened. Or it might indicate a locked door, that a desired opportunity is not available. It is here that intuition must come to the aid of clairvoyance.

At this point we consider another principle: *What you FEEL when a symbol is seen is an INDICATOR of what the symbol really means.*

A cross in the material sense might indicate a burden to be borne. In a spiritual sense it might mean illumination or freedom from the limitation of matter, at least to the mystic Christian. The same symbol, in two different circumstances, has two different meanings, and you probably could quickly supply several more. It is for this reason that clairvoyance functions most accurately when combined with intuition.

CLAIRVOYANCE FUNCTIONS BEST WHEN PHYSICAL SENSES ARE STILLED

In physical sight, reflected light waves from a person or object pass through your eyes and are registered in your consciousness as picture images. In clairvoyance the light waves are really not light waves at all but are of a much higher frequency than the waves visible to usual sight. They do not necessarily pass through the lens of the eye. They are registered directly on your consciousness, similarly to the way your television plucks electronic impulses from the atmosphere and transforms them into pictorial images.

Due to the high vibratory nature of these electronic impulses they are what might be termed superphysical, just as extremely high speeds become supersonic or faster

than the speed of sound. The waves in question are superphysical; they cannot be perceived by physical sight. Clairvoyance, therefore, is not a physical sense or faculty and cannot be practiced in combination with the five physical senses as we normally know them.

To stimulate the activity of this non-physical capacity we must inhibit or set aside, at least in part, the physical senses which hinder it.

Hypnotism is one of the methods, whether self-induced or induced by another person. But it is not always convenient, and there are dangers when induced by one who is not competent.

Trance also has its limitations and dangers. Normal consciousness is usually completely suspended during this state, as in hypnotism, and this is not particularly desirable.

We must then turn to a method of adjusting the consciousness so that it retains its alertness to superphysical stimuli, but at the same time remains undisturbed by physical stimuli.

In normal waking consciousness you adjust your mind to various levels of thought through the focus of mental attention, and stabilize it upon the object of that focus. *Concentration* is the only word which describes it. The ability to "concentrate" your attention upon the perceptors which receive superphysical stimuli, rather than the physical senses, is the goal. Like any other objective, it is attained through practicing those exercises which improve the talent. The pianist's fingers become nimbly coordinated with his mind only with practice -- and, except for the uncommon cases of spontaneous psychic sight, the same is true of clairvoyance.

Will power, that determined state of mind which you possess in abundance, enables you to suspend the reactions of your consciousness to outer physical stimuli and attune it to the inner superphysical. Clairvoyants who use their higher faculties to any appreciable degree may not be aware of it, and may use a variety of methods or exercises, but in the final analysis this quality of mind control is essential. It is similar to the one-pointed concentration of consciousness that enables the yogi to achieve his state of union with the Infinite.

Through a combination of will power and the ability to create mental pictures, which I call *the imaging faculty*, it is possible for you to improve the connectors

between your normal consciousness and the sources from which clairvoyant experiences originate. I submit three exercises which may help you accomplish this. After you experiment with them you may wish to create your own adaptations of them, but the basic elements should remain.

Two of these methods have been taught by several of the many "practicing" clairvoyants I have known during the last thirty years. The third is one I devised and with which many students of the mystical and psychic have had success.

With any of these exercises you must first become completely at ease, relaxed in body, serene of mind. They require a harmonious inner atmosphere to be fully effective.

THE TUNNEL EXERCISE

This exercise is valuable in unfolding clairvoyance of both *objective* and *subjective* types.

Imagine that you are at the opening of a long tunnel, and that you are about to enter it. Stretching a long way ahead of you is nothing but blackness. But in the far distance is a pinpoint of white light, indicating the opposite end of the tunnel. Mentally you begin moving toward the light. You glide along slowly, at an even pace. You seem to float dreamily along as if in a boat drifting with the current of a lazy river. Keep your attention centered upon the pinpoint of light ahead which will slowly grow larger as you mentally approach it.

As you near the end of the tunnel, you begin to be aware of a different "feeling" which permeates your entire being. It's as though the light at the end of the tunnel radiates a stimulating quality. You sense an inner exhilaration as you emerge from the darkness of the imaginary tunnel into the full radiance of the light.

It is at the point of emerging from the tunnel into the radiant light that clairvoyant experiences are apt to occur. The entire mental journey should require from three to five minutes, though you should not be specifically conscious of the passing time.

If no out-of-the-ordinary experience transpires, repeat the exercise once or twice. If still nothing

occurs, try again another day. With this, and all other exercises and disciplines, the effects are cumulative and require patient practice.

THE PORTRAIT EXERCISE

A second exercise is to concentrate on a photo or portrait of a loved one who has departed this physical plane and now resides in the invisible realms of life. This exercise is especially effective in developing *objective* clairvoyance.

Place the photo at eye level at least three feet away, or farther if the picture is a large one. Direct your attention to the entire picture with such concentration that any objects outside the frame are only dimly visible and do not capture your attention.

Then attempt to narrow the span of your vision so that only the face is visible, and the frame of the picture fades from sight. Then, if possible, further narrow your vision so that your sight catches only an area which includes the eyes of the person whose picture you are using. Hold your attention here for several minutes if you can. It is at this point in the exercise that clairvoyant experiences are most apt to occur.

Many who have practiced this exercise say it has brought them in clairvoyant contact with the person in the picture and that he or she suddenly and actually appears as though moving out of the picture itself. In performing the exercise it is probable that higher visual responses are activated through the combination of seeing the picture and mentally thinking of the person.

At times you may be concerned that only imagination is brought into play, and no clairvoyant experience really occurs. Whether or not this is so in any individual case must be determined by yourself. Usually such a vision, if it is actually clairvoyant, is accompanied by a profound sense of reality, an exhilarating sensation such as mentioned in connection with the tunnel exercise.

At the instant a clairvoyant vision is seen, or in the next moment thereafter, you should be able to receive an impression or inspiration relating to the vision itself which would interpret or amplify it. One of the reasons the first lesson in this series dealt with psychometry was to help you with this function. Instead of holding in your hands an object given you by

another person, and receiving inward "impressions" and "perceptions" from it, you now attempt to hold in your *higher sight* the vision you have seen through that sight, and from that vibratory attunement receive similar inward sensations -- intuitive contact, perhaps, with the person in your vision. Often a psychometric experience is immediately followed by a spontaneous clairvoyant vision. Thus clairvoyance and clairsentience are combined and interrelated.

THE CURTAIN EXERCISE

In every class in which this exercise has been presented, an amazing number of persons have immediately experienced some degree of clairvoyance. The exercise is intended to help detach and diminish the physical senses so that the level of conscious awareness may become responsive to higher faculties.

We sometimes hear the term "rending the veil between this world and the next." This is exactly what we accomplish with the curtain exercise. The veil, of course, is not of material substance but is one created by a change in vibratory rate between one octave of life and another. Our object is to "dis-attach" ourselves to a slight degree from our physical selves by passing our consciousness through this vibratory veil, and while in that changed state become receptive to visual stimuli of a higher wave length.

To bring about that vibratory change in consciousness, close your eyes and visualize a misty purple curtain as though it were a few feet before you. This curtain will not be composed of solid substance but will have the appearance of an ethereal purple cloud. As in the tunnel exercise, you begin mentally to move easily, steadily toward the curtain.

As you mentally approach the curtain, naturally it seems to increase in size. It is high above your head and extends several feet to left and right. Soon you stand directly before it.

Then, in response to your mental command, the curtain begins to rise at the center of the lower edge, revealing a small triangle of brilliant light that appears to be shining from the other side and flowing through the opening. As the curtain continues to rise slowly, under your mental direction, this triangle of light becomes larger. Finally the curtain is raised to a point just higher than your head, and you mentally

step through into the brilliant light upon the other side where you await a clairvoyant experience.

All this should be done with a definite rhythm. After the curtain is first brought into visualization, divide the rest of the process into three steps, and allow approximately the same length of time for accomplishing each. At first you may wish actually to count, but counting must not occupy so much of your attention that it keeps you from achieving the desired result. After you have counted through the process a few times, and the rhythm is established in your consciousness, it will be better not to count at all.



In the beginning you might allow five counts for each of the steps as follows:

1. Slowly count from one through five as you mentally approach the curtain.
2. At the count of six the curtain begins to lift, and by the count of ten is level with the chest.
3. The curtain continues to rise, and at fifteen is over the head, allowing you to step through and await your clairvoyant experience.

At first the steps will be executed slowly. With practice the entire procedure may be performed with increasing swiftness until it can be done in a very few moments.

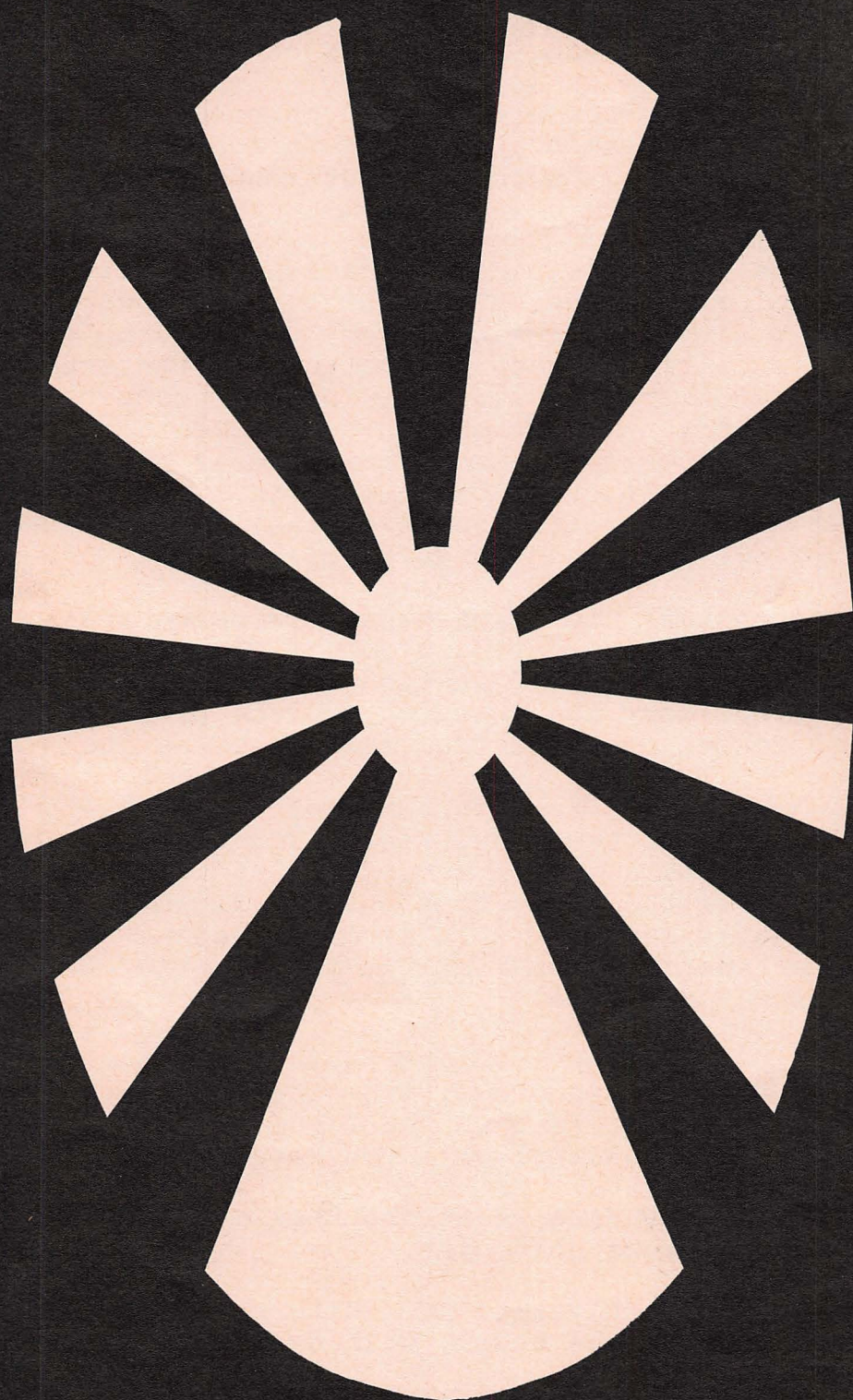
MECHANICAL AIDS TO DEVELOPMENT OF CLAIRVOYANCE

The crystal ball has become a symbol of chicanery and fraudulent fortune telling in the eyes of the general public. Attributing magical powers to the crystal itself has brought it into disrepute. The crystal was never intended to serve any other purpose than to be an object of concentration, which in turn helped stabilize the mind and free it from the distractions of physical stimuli.

If you have a crystal, experiment with it. Place it just below eye level and about two feet away on a plain dark cloth or similar background with no distracting pattern. Try to keep your attention centered exclusively upon the far surface, looking through the crystal to that point. Holding your attention there often produces clairvoyant visions either objectively in the crystal itself, or subjectively in an inner mental picture. (If you do not own a crystal, water in a plain glass bowl will serve just as effectively.)

A mechanical aid which Astara recommends as more effective than a crystal, and one of the very best for clairvoyant development, is the chart on the facing page. Either copy the chart on a piece of plain white paper or remove the page from the lesson as you prefer.

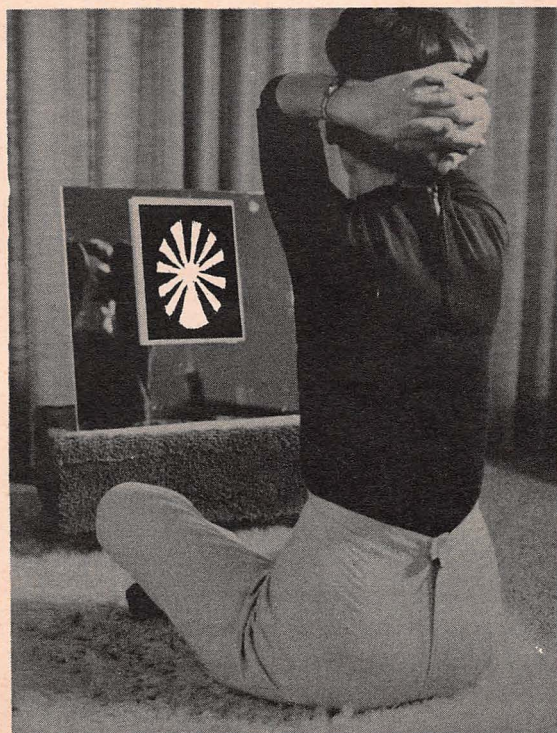
1. Attach the chart to a mirror with rubber cement or two-sided tape. You may wish to purchase a mirror so you will not need to remove the chart constantly. If so, obtain one at least 12 x 12 inches in size. Fasten the chart only at the top, leaving the lower end free.
2. Sit from four to eight feet from the mirror, spine erect and away from the back of your chair, feet flat on the floor. Place the chart on a level with your eyebrows.
3. Lock your fingers at the back of your head with elbows held high.
4. Look directly into the white circle in the center of the chart, with eyes half closed.
5. For a few moments wrinkle your forehead as if you were staring into a bright light.
6. Bring the forearms forward and press firmly against the temples.



7. At the same time press firmly against the back of the head with the palms of your hand as though trying to push your head forward.
8. While maintaining this pressure, keep your eyes focused upon the center spot on the chart. Your arms will close out your surroundings and help narrow your vision to the chart alone so your attention will remain one-pointed.

Concentrate in this position for three to five minutes once a day for one week. At first you may not be able to concentrate this length of time, but do so as long as possible without tiring yourself. Increase the time to suit your ability until you are focusing your attention for a twenty-minute period. If your arms grow tired, lower them and relax, still keeping your concentration centered on the chart.

Several sensations may occur while undertaking this practice. Tears may fall freely. Let them. Do not touch your eyes. A pulling sensation may occur in



the middle of your forehead, just above the root of the nose. The chart may appear in duplicate or even in triplicate. It may change color, sometimes seeming to be blue, red, white, orange, or even golden. It may even disappear completely from your vision.

After a few weeks of practice you are ready to test your development. Have someone write words unknown to you on a piece of paper the same size or slightly smaller than the chart, and place this paper behind the chart so you cannot see the writing.

First practice the exercise as usual, then strive to read the words on the paper behind the chart. With development of your clairvoyance the chart will suddenly disappear from your vision and you will be able to read the words on the paper beneath it. It is best to begin with just one word rather than a long sentence. The written message should always be simple.

IS IT REALLY CLAIRVOYANCE, OR IMAGINATION?

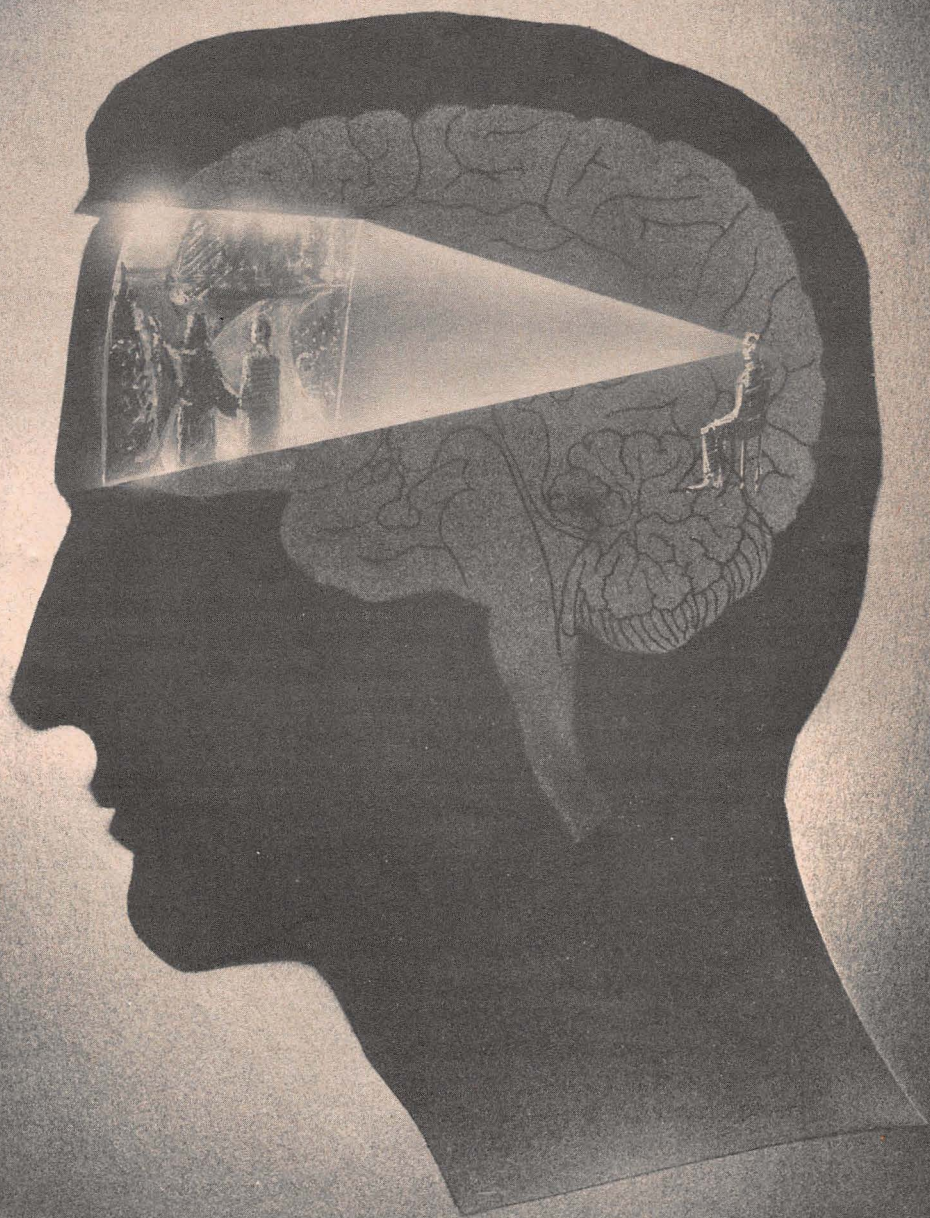
A disturbing question often arises: *How can I tell the difference between a mental image of my own and one that I am receiving clairvoyantly?*

It is impossible to tell with perfect assurance. Only with years of training does one master this art. As I mentioned previously, often you will be able to distinguish the difference only by the feeling or sensation which accompanies the mental image you have seen. If you have ever viewed three dimensional photographs or slides you are familiar with the extreme and somewhat unnatural depth and roundness of the scene. If you observe a similar effect in a visual image you may be quite certain that it is clairvoyantly received.

HOW IS THE CLAIRVOYANT IMAGE RECEIVED?

Your brain and the closely associated pituitary and pineal glands may well be likened to a "human television set," receiving sights and sounds from the astral, mental and causal planes of life with which it might be "attuned," as well as those of the physical dimension. The inner workings of this marvelous instrument include the sensory nerves connected with your waking conscious, everyday experiences.

An important part of this inner television includes the psychic centers connected to the pineal and pitui-



SUBJECTIVE CLAIRVOYANCE

This illustration shows an example of Subjective Clairvoyance. The "screen" on which the clairvoyant image is registered is just inside the temple.

tary glands which in turn are the physical terminals of the brow and crown chakras. These chakras are constructed of etheric substance and, in addition to other functions, are connecting links for communications between the physical and higher planes.

When a superphysical image registers upon the psychic centers, or chakras, it is transmitted to the physical terminals (glands and brain) and becomes a clairvoyant vision. The physical glands and nerves of this television apparatus are not the entire receiving set. They are merely the physical terminals.

When you pass to the realm of higher life, your clairvoyant powers will attune you to still higher realms, and at that time certain astral terminals will replace the present physical aspects. (The etheric, astral, mental and causal counterparts of the brain and glands are fully explored in Astara's Degree Lessons.)

Specific and unchangeable rules cannot be set down in connection with either the unfoldment of the clairvoyant faculty or the process itself, for they vary with each individual. Suffice to say that regular practice is absolutely essential. It is true that spontaneous clairvoyant experiences often occur, but they are frequently made possible because the way has previously been prepared through exercises and disciplines such as those given in this lesson.

Subjective clairvoyant visions usually occur just inside the forehead as though a screen existed there upon which slide pictures were projected. The pictures may be in either black and white or color.

Especially in earlier stages of unfoldment you may clairvoyantly glimpse many types of lights ranging in size from pinpoints to as large as an orange, or even larger. Usually these lights flash, then disappear. Less often they remain visible for several seconds. Though they are most frequently white, they are often seen in various colors.

PRACTICE WITH OTHER PERSONS

Because emotional ties with others often help induce clairvoyance you may be able to speed your development by experimenting with a member of your family or close friend.

At some quiet time either concentrate your atten-

tion on his picture or mentally visualize him for a few moments. Then when clairvoyant images or intuitive impulses begin to manifest, make notes of them. These notes can be discussed with him later to discover how valid your impressions may or may not have been.

Always keep the notes, for though they may not seem to have any immediate connection with the person involved, the future is quite apt to reveal a further understanding of many things you have received. Undoubtedly there will be some material which has no connection, but do not be disturbed by this. It is indicative of all early clairvoyant training. You may wish to have the other person mentally project some word or message to you at a selected time. See if you can "receive" the message. Practice will unfold incredible powers of telepathy.

SUMMARY

To give you a capsule picture of the essential principles in this lesson, here is a listing of the more important points:

1. Clairvoyance has influenced more lives than any other human activity.
2. It has remained comparatively undeveloped and misunderstood through lack of general attention.
3. There are two principal types of clairvoyance: objective and subjective.
4. In each of these types there are subdivisions: clairvoyance in space, in time, x-ray clairvoyance, trance or hypnotic clairvoyance and auric sight.
5. Clairvoyance is most apt to occur when strong emotional ties exist with the object or person seen clairvoyantly.
6. Clairvoyant visions originate through your own High Self, or as the result of intense thought or emotion on the part of another person, either living or "dead."
7. Symbolic visions are more frequent than direct -- the symbols must be interpreted -- intuition and "feeling" aid interpretation.

8. Physical senses must be stilled to enable higher senses to function -- will power (concentration) and the exercises given in this lesson effectively quiet the physical senses.
9. There are mechanical aids to help quiet the senses -- the chart exercise in this lesson is recommended.
10. "Feeling," three dimensional appearance, and the sense of ultra-reality are features which help distinguish between actual clairvoyance and imagination.

WHY SHOULD I UNDERTAKE THIS STUDY?

"Is there any real value to me in devoting time to these exercises? Does it lead to something more important than mere sensationalism? Is it merely a curiosity? A plaything?"

In everyday living you will not, and most surely should not, be constantly having clairvoyant visions, any more than you should eat or work all the time. Even if you never have any clairvoyant experiences the time is not wasted. The time you give to these matters provides a new focus of your attention upon the eternal values of life rather than the temporal and transitory. You begin to acquire a new depth of feeling and reality about yourself, your family and friends, and the activities in which you engage.

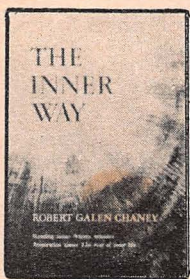
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